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ENRICHED CORNMEAL

a good choice for the thrifty family

An Energy Food

YELLOW or WHITE

Both Kinds are good
Use them in the same ways

Use Cornmeal-
In Hot Breads



Cornbread



Cornsticks



Muffins

• In Pancakes



• Cooked for hot cereal



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or chilled, then sliced for frying

CURRENT SERIAL RECORDS



• As a coating when frying fish, chicken or vegetables

• As a dessert-



Baked Indian
Pudding



Cornmeal
Cookies

C&MS-32

U.S. Department of Agriculture • Consumer and Marketing Service • Agricultural Research Service



Cornmeal Mush

1 cup cornmeal
1 cup cold water

1 teaspoon salt
3 cups boiling water

Mix cornmeal, cold water and salt. Slowly stir cornmeal mixture into boiling water. Stir until thickened. Cover and cook over low heat for 15 minutes. Stir to keep from sticking.

Makes 6 servings.

Cornmeal Fritters

1 egg
1 cup cornmeal
1 cup flour
1 tablespoon baking powder

1 teaspoon salt
2 tablespoons fat
1 cup milk
Fat or oil for frying

Beat egg. Mix all ingredients together. Drop batter by teaspoonfuls into 1-inch of hot fat in a fry pan. Fry until golden brown on all sides (2 to 3 minutes). Remove from fat and drain.

Makes 18 fritters.

Spoonbread

2 tablespoons fat
3 cups milk
1 cup cornmeal

1½ teaspoons salt
3 eggs

Melt fat in saucepan. Add milk, cornmeal and salt. Cook, stirring all the time, over medium heat until thickened. Beat eggs. Slowly add cornmeal mixture to beaten eggs.

Grease a medium size baking pan. Pour mixture into pan. Bake at 400° F (hot oven) until top of spoonbread is firm, 35 to 40 minutes. Serve at once.

Makes 6 servings.